



A FREE GUIDE FROM COUNSELLOR WHO CARES

10 Questions to Ask an Eating Disorder Counsellor Before You Book

A short, honest checklist to help you find someone who genuinely knows this territory, before you commit to your first session.

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Most counsellors will offer a short initial consultation, often free or at a reduced cost. Use it well. You're not just finding out if you like them. You're finding out whether they can actually help you. These ten questions will tell you.

The Questions

1

What is your specific experience with eating disorders?

Not just "yes, I work with eating disorders." Ask which presentations they see most often, how long they've been doing this work, and what specialist training they've done beyond their core qualification.

2

Which therapeutic models do you use?

Approaches like CBT-E, MANTRA, ACT, schema therapy or trauma-informed practice are good signs. A vague or generic answer is worth noticing.

3

Are there situations where you wouldn't be able to work with me safely?

An honest counsellor will answer this clearly, including when medical monitoring or GP involvement would need to sit alongside therapy.

4

What does your supervision look like?

A professional counsellor in active practice will have regular supervision from a senior or specialist colleague. This protects you as much as them.

5

How would we know if it's working?

They shouldn't promise a fixed timeline, but they should be able to describe how you'd both recognise progress along the way.

The Questions, continued

6

How do you approach weight and food in sessions?

Recovery is not about weight loss. Listen carefully to how they talk about this. It should never be framed around achieving a lower weight.

7

What's your position on involving my GP or other services?

This should feel collaborative, not like a box-ticking referral. A responsible counsellor will explain clearly when and why this matters.

8

What happens if I need more support than you can offer alone?

You want to know they'll help you find the right level of care, not simply end the work if things become more complex.

9

What's your availability, and how consistent can sessions be?

Eating disorder recovery relies on continuity. Ask directly about their working days and how far ahead you'd need to book.

10

What would our first few sessions actually involve?

This gives you a sense of pacing. You should never feel pushed to disclose more than you're ready for early on.

A gentle reminder

You are allowed to ask every one of these questions. A good counsellor will welcome them, not be put off by them.

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Ready to take the next step?

I work with adults and young people experiencing anorexia, bulimia, binge eating disorder, disordered eating, and complex relationships with food and body image. My work is trauma-informed, compassionate, and grounded in approaches designed specifically for eating disorders.

[Check availability & book a free consultation](#)

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